

How to increase Ukrainian university students' awareness concerning mental health

LESSON 1

Perceptions of Inclusion, well-being and Identification with the European Union in Ukrainian university students



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- The ongoing conflict in Ukraine is associated with elevated levels of anxiety, depression, and PTSD among university students (Polyvianaia et al., 2025)
- Mental health stigma discourages help-seeking, and many students lack awareness of available psychological resources (EthnoMed, 2023; Gaschet et al., 2025)
- Educators and tutors play a key role in supporting students' mental health literacy and



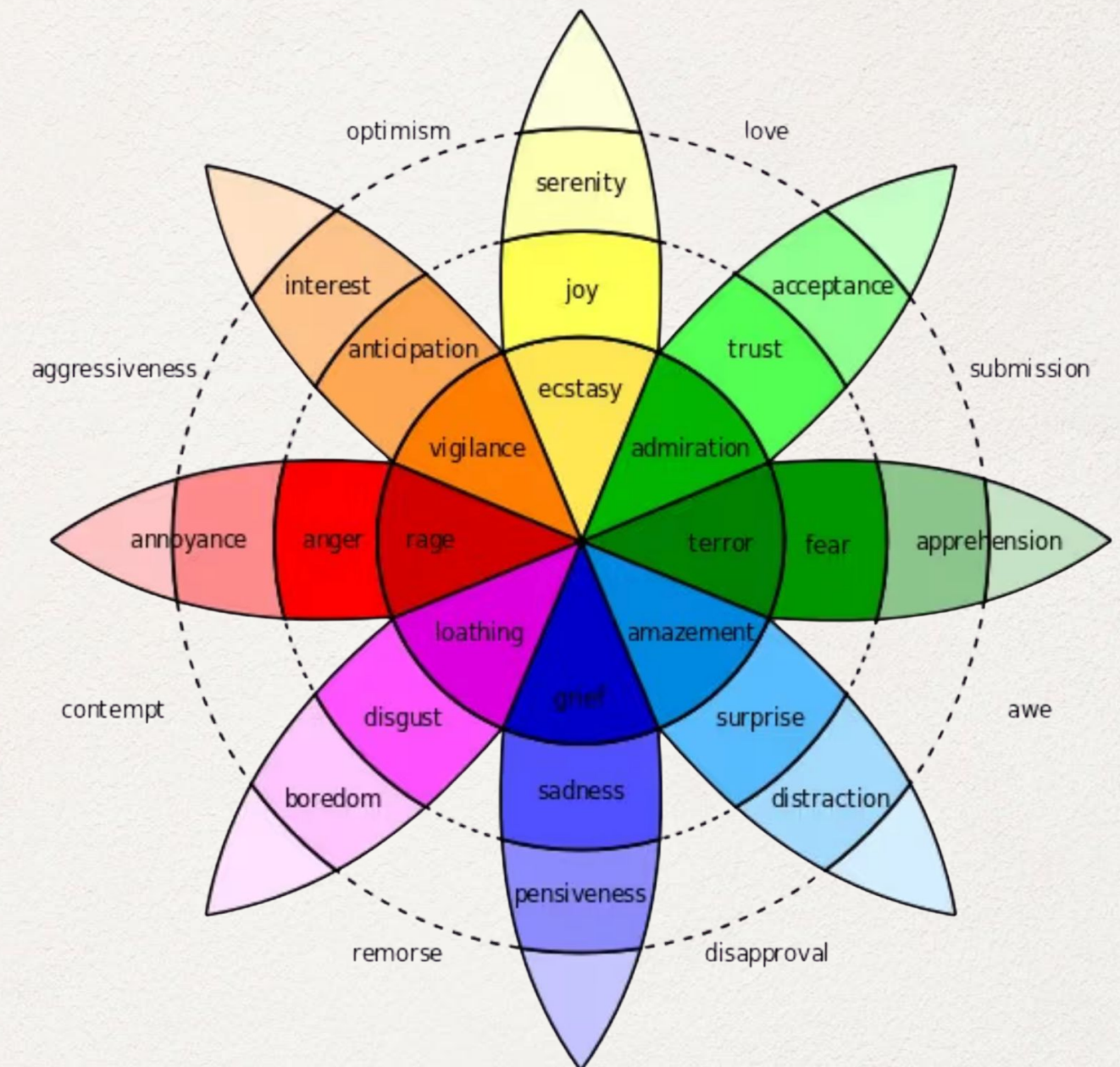
Awareness strategies

- Psychoeducation delivered through workshops, seminars, and online modules supports basic understanding of mental health (Weckesser et al., 2023; Quirke et al., 2021)
- Focus on recognising stress reactions, symptoms of anxiety and depression, and when to seek help
- Integration into courses and orientation sessions, including coping strategies and emotional self-monitoring



Awareness strategies

- Use of tools such as Plutchik's wheel of emotions (Valenzuela, 2021)
- Peer-led discussions and informational campaigns in Ukrainian (Weckesser et al., 2023; Quirke et al., 2021)



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Building a supportive culture

- Normalising conversations about mental health reduces stigma (Quirke et al., 2021; Weckesser et al., 2023)
- Positive framing: emotional distress after trauma is a normal reaction, not a weakness
- Faculty modelling openness and supportive behaviours





Building a supportive culture

- Providing accessible resources in Ukrainian to reduce language barriers
- These strategies contribute to resilience, inclusivity, and improved campus well-being (Quirke et al., 2021; Weckesser et al., 2023)



Thank you

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